

Desert Recreation District

Bermuda Dunes Community Center • 78-400 Ave 42, Bermuda Dunes



ADAPTIVE SEATED FITNESS

HYBRID PROGRAM – ONLINE & IN PERSON

**Focus on strength & conditioning while in seated position.
Great for individuals with balance troubles or to take pressure off the
knees, feet, and lower joints.**

WHO: Individuals with a special need or disability
16 Years of Age and over

WHEN: Ongoing, Fridays 2023
10 – 11 A.M.

FEE: \$25 per month, or FREE with our
ADAPTIVE MEMBERSHIP

EXTRAS:

- Wear sneakers or close toed shoes
- Low weight dumbbells (1-10lbs)
- Sturdy chair
- Water



If joining online through  zoom , the class link/zoom information will be on your receipt after registering for the ONLINE class.

A new registration code is provided each month!

Sign up using either the **IN PERSON** or **ONLINE** option!



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For information or to register, visit MyRecreationDistrict.com or Call (760) 347-3484